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World braces as Mandela's health worsens

Anti-apartheid leader reported to be in critical condition Sunday PAGE 5

Woman calls for an end to 'revenge porn'

Victim backs draft bill after her ex posted a nude video of her online PAGE 6

RYDER'S ON A STORM

JAZZ FESTIVAL HEADLINER GETS READY TO PERFORM FOR SOME OF HER FAVOURITE PEOPLE PAGE 3

Sask. braces for rapid floodwaters

A passerby looks on as the quickly rising South Saskatchewan River covers a section of the Meewasin Trail near the Mendel Art Gallery in Saskatoon on Sunday. The City of Saskatoon has closed a number of low-lying areas as a precautionary measure as the Saskatchewan Water Security Agency says flooding in Alberta will cause flows on the river to reach levels that haven't been recorded since the early 1900s. MORGAN MODJESKI/METRO

South Saskatchewan River. Flow to reach highest point in more than a century

MORGAN MODJESKI AND ROSS ROMANIUK
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Saskatchewan is bracing for high, fast-moving floodwater flowing east from Alberta, as the South Saskatchewan River becomes more dangerous by the minute.

While the swift flows — the most severe on the South Saskatchewan in more than a century — were expected to peak on Sunday or Monday, officials are advising residents to take extra caution.

According to the provincial Water Security Agency (WSA), more than 6,000 cubic metres per second are estimated to move into the South Saskatchewan early this week, marking the highest flow recorded on the river since the early 1900s.

"It's going to take away soil faster and the riverbanks are going to become unstable faster," Shelby Rushton, CEO of the Lifesaving Society's Saskatchewan branch, said on Sunday.

"With the increase of flow, the dangers are increasing and we're encouraging people to stay away from the riverbanks."

The City of Saskatoon also warned residents about the water flows after the WSA began releasing 2,000 cubic metres per second from the Gardiner Dam at noon on Saturday.

The warnings have come on the heels of an evacuation of the Cumberland House area, downstream of the junction of the North and South Saskatchewan rivers.

Lake Diefenbaker is among the Saskatchewan water bodies expected to swell dangerously as a result of river flows from Alberta, where catastrophic flooding hit Calgary on Thursday and caused evacuations of several areas of that city and three deaths in nearby High River.

Floodwaters were receding in southwestern Alberta on Sunday, though in Medicine Hat, the South Saskatchewan lapped over its banks in low-lying areas and thousands of residents were advised to head for higher ground.

"This is going to be a very challenging time for Medicine Hat," Alberta Premier Alison Redford said on Saturday.

"There's going to be a lot of uncertainty and people are going to be afraid. I want people to know we have the opportunity to get through this."

WITH FILES FROM THE CANADIAN PRESS

Record flow expected

6,000

More than 6,000 cubic metres per second are expected to move into South Saskatchewan River early in the week.

More coverage, pages 4 and 5, and online at metronews.ca

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Move to the music you hear: Serena Ryder hits jazz fest

Clappa your hands, stompa your feet.
Folk singer says Saskatchewan has place in her heart

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Serena Ryder, one of the Saskatchewan Jazz Festival's best-known headliners this year, is set to take the TD Mainstage at the Bessborough Gardens on Monday night and she says that, for her, coming to Saskatchewan is like coming home.

"I've always felt a connection to Saskatchewan because I've always had really good friends and people who I consider almost family there," said Ryder prior to her arrival in Saskatoon. "So every time I go, it's like I'm coming home, and it's felt that way for the last 10 or 11 years of my career."

Showtime

Doors open at 7:30 p.m. with the Harpoonist and the Axe Murder playing from 7:30 p.m. until 8:30 p.m. while Serena Ryder plays from 9 p.m. until 10:15 p.m.

Ryder said her show in Saskatoon will be heavy with tracks off her new album Harmony, promising a high-energy performance for her fans.

"I think this record showcases a lot of different sides of me as a musician and I think that's why it's been so successful," said Ryder. "I haven't really put myself in any sort of box on this record or tried to stay true to one style of music or one identity, and I think people in general are like that."

She continued: "People are very dynamic and have a lot of different sides to them, and I think this record incorporates a lot of different styles."

Serena Ryder, who performs on the Saskatchewan Jazz Festival mainstage at the Bessborough Gardens on Monday night, said that, for her, coming back to Saskatchewan is like coming home. CONTRIBUTED

Gun spotted at party: Cops

Two men face weapons charges after gun seizure

Two 21-year-old men from Saskatoon are facing weapons charges after police seized a handgun from a party over the weekend.

According to a press release from the Saskatoon Police Service (SPS), at approximately 1 a.m. on Sunday police got a call from a concerned party guest who was attending a gathering in the 300-block of 26th Street West.

The guest told police they had noticed two people at the party passing a gun between them. Police responded to the scene and as a result seized 9-mm handgun.

Alongside being charged with being in possession of a prohibited weapon, the two are also facing charges for breaching parole.

Police are continuing their investigation as officers are trying to determine why the two men had the gun and what it might be used for.

Police say the two will appear before a justice of the peace on Sunday to answer to the charges. METRO

Lakewood Park

Man pulled over for using phone also had drugs: Police

A 22-year-old man is facing drug charges after being pulled over by Saskatoon police for using his cellphone while driving early Sunday morning.

Officers noticed the man talking on his cellphone shortly before 2 a.m. while driving in the area of McKercher Drive and Holland Road. As police approached the car, the driver tried to lose them by accelerating quickly and driving through Lakewood Park.

The man was later stopped by police in the 400-block of Heritage Crescent and was found to be in possession of illegal drugs. METRO

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OUTTABOUNDS

South Sask. river rising

With the South Saskatchewan River expected to see flow levels that it hasn't seen since the early 1900s, the City of Saskatoon has closed down a number of low-lying areas as a precautionary measure. Metro Saskatoon took to the streets—and riverbanks—to find out how the flooding is already affecting the city.

MORGAN MODJESKI
morgan.modjeski@metronews.ca

1 Access Denied. Sections of River Landing and other low-lying parts of the city were closed to the public on Saturday afternoon as the city prepares for a surge of water from floodwaters in Alberta, its neighboring province.

3 Danger in the water.
A piece of debris can be seen floating past, as a resident watches the rushing river waters at River Landing.

4 Wet and wetter.
The South Saskatchewan River slowly flows onto the Meewasin Trail by the Mendel Art Gallery. Land that usually separates the South Saskatchewan from the trail system is now submerged.

2 River dangerous, boat or not.

Alongside closing low-lying areas, the city also closed all public boat launches throughout Saskatoon.

5 Attracting spectators.

Dr. Robert Buckingham watches the quick moving water at River Landing after a run on Sunday morning.

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Calgarians began the flood cleanup in earnest on Sunday as 65,000 residents were allowed back into their homes to survey the damage. CANDICE WARD/FOR METRO

Calgary flood victims begin returning home

Surveying the damage. City still working to restore power to 24,000 customers

JEREMY NOLAIS
Metro in Calgary

City of Calgary officials gave permission to 65,000 residents to return home Sunday and survey damage from flooding unlike any the city has seen in decades.

But some areas remained inaccessible, cut off by water that also damaged major landmarks, including the Pengrowth Saddledome and the Calgary Stampede grounds.

Mayor Naheed Nenshi encouraged employers in the core to only operate with "essential staff," until at least midweek.

It's estimated as many as 100,000 residents were forced to leave their homes initially Thursday and Friday as water gushed into 25 communities.

Erosion had also wreaked havoc on storied communities like Inglewood and Bowness, where rushing water had carried whole pieces of road away. Canadian Forces members worked throughout the day Saturday to protect the area, including nearby homes.

Those same members were also tasked with attempting to save an electricity substation in the city's southeast that Gianna Manes, CEO of utility provider Enmax, said had "become part of the Bow River."

Sarah Harvey and Jan Gilroy were among the first people to return to Calgary's Riverbend area after that community reopened Saturday afternoon.

"I was checking every five minutes," Gilroy said. "I was just like, 'Please let us go back to my house.'"

Estimates on damage had not even begun to be tabulated, officials said.

WITH FILES FROM ROBSON FLETCHER

Quoted

"There are pockets of downtown where normalcy will not return for weeks."

Calgary Mayor Naheed Nenshi

Pakistan. Taliban gunmen kill 10 climbers at mountain base camp

Islamic militants disguised as policemen killed 10 foreign climbers and a Pakistani guide in a brazen overnight raid of their campsite at the base of one of the world's tallest mountains in northern Pakistan, officials said on Sunday.

The Pakistani Taliban claimed responsibility for the attack at the base camp of Nanga Parbat, saying it was to avenge the death of their deputy leader in a U.S. drone strike last month.

The attack took place in an area that has largely been peaceful, hundreds of kilometres from Taliban sanctuaries along the Afghan border. But the militant group has shown it has the ability to strike almost anywhere in the country.

The Taliban began their attack by abducting two local guides to take them to the remote base camp in Gilgit-Baltisan, said Pakistani Interior Minister Chaudhry Nisar Ali Khan.

One of the guides was killed in the shooting, and the other has been detained for questioning.

Some 15 gunmen attacked the camp at about 11 p.m. on Saturday, said the Alpine Club of Pakistan, which spoke with a local guide, Sawal Faqir, who survived the shooting. They began by beating the mountaineers and taking away any mobile and satellite phones they could find, as well as everyone's money, the club said in a statement.

Some climbers and guides were able to run away, but those who weren't were shot dead, the club said. Faqir was able to hide a satellite phone and eventually used it to notify authorities of the attack.

Attaur Rehman, the home secretary in Gilgit-Baltistan, said 10 foreigners and one Pakistani were killed in the attack. The dead foreigners included three Ukrainians, two Slovakians, two Chinese, one Lithuanian, one Nepalese and one Chinese-American, according to Rehman and tour operators who were working with the climbers. THE ASSOCIATED PRESS

Mandela. South Africa's president asks world to pray for national hero

Nelson Mandela's health has deteriorated and he is in critical condition, the South African government said Sunday.

The office of President Jacob Zuma said in a statement that he had visited the 94-year-old anti-apartheid leader at a hospital Sunday evening and was informed that Mandela's condition had become critical in the past 24 hours.

"The doctors are doing everything possible to get his condition to improve and are ensuring that (Mandela) is well-looked after and is comfortable. He is in good hands," Zuma said.

Zuma also met Graca Machel, Mandela's wife, at the hospital in Pretoria and discussed the former leader's condition, the statement said. Zuma was accompanied on the visit by Cyril Ramaphosa, deputy president of the ruling African National Congress.

Mandela, who became South Africa's first black president after the end of apartheid in 1994, was hospitalized on June 8 for what the government said was a recurring lung infection.

Zuma appealed to South Africans and the world to pray for Mandela, his family and the medical team attending to him.

Mandela was jailed for 27 years under white racist rule and released in 1990. He then played a leading role in steering the divided country from apartheid to democracy, becoming South Africa's first black president in all-race elections in 1994. THE ASSOCIATED PRESS

Nelson Mandela
AFP/GETTY IMAGES/FILE

Woman advocates for new laws to protect victims of 'revenge porn'

No consent. Private sexual video chat posted by woman's ex after they broke up has had 'devastating' effect on her personal, professional life

JESSICA SMITH
Metro in Toronto

A Nova Scotia MP has tabled a bill to make the posting of revenge porn illegal. ISTOCK IMAGES

Holly Jacobs was in a committed long-term, long-distance relationship with a man she trusted. To keep the romance alive, she participated in a private sexual video chat with him.

She didn't know he'd recorded it, but he did. She didn't know that after she broke up with him it would go viral on the Internet, but it did. Along with her full name, workplace and contact info.

Jacobs told Metro she believes the video was posted as a form of "revenge porn" — intimate photos or videos posted online without the other person's consent, with the intent to hurt them.

In some cases of revenge porn — which has several websites devoted to it — the photos were given freely during a relationship, but the victims did not consent to having them made public. In other cases, photos are taken during a sexual assault and posted online.

Nova Scotia MP Robert Chisholm is hoping Canada will follow New Jersey and make the posting of revenge porn illegal. He tabled a private member's bill before Parliament broke for the summer and hopes to work with the Conservatives on a similar bill in the fall.

His draft bill would make it an offence to distribute nude or sexually explicit photos of someone without his or her consent, punishable by jail time of 18 months to 10 years.

"Victims need to have services available, they need to have support and ultimately what they need is legal protection and perpetrators need to be held accountable," he said.

Chisholm wrote the bill after consulting with Rehtaeh Parsons' family, who live in his riding. Parsons killed herself after photos of her alleged sexual assault were distributed among her peers, many of whom bullied her afterward. No charges have been laid in the case.

"It's not just Rehtaeh — there have been similar cases throughout Canada and North America," he said.

Jacobs lauded Chisholm's bill. "This bill does a really good job of punishing (revenge porn), and gives people who do this what they really deserve," she said. "They deserve to be in prison — up to 10 years is great."

endrevengeporn.com

Fighting back

When Holly Jacobs broke up with her boyfriend, she was a PhD student — she didn't plan to be a porn star. But now, if anyone searches her birth name online, they'll find a video of her performing a sexual act.

"The kind of damage that revenge porn can do to someone's life — professional, personal, psychologically — it's devastating," she said.

Jacobs changed her name to Holly Jacobs, but someone kept linking her name and the details of her career with the pornography. Jacobs eventually convinced police to lay cyberstalking charges against her ex, and that case is ongoing. She has also launched endrevengeporn.com, a site devoted to advocating for new laws.

JESSICA SMITH/METRO IN TORONTO

Spain

Mother arrested after baby rescued from drain

A 26-year-old woman has been arrested in the Spanish city of Alicante on suspicion of attempting to murder her newborn baby who had to be rescued from inside a building's drains, the Interior Ministry said Sunday.

The ministry said the two-day-old boy, who still had his umbilical cord attached and was found wrapped in plastic bags, may have been trapped for 40 hours at a point where the building's drains converged into a manhole in a courtyard.

The baby, who weighs 4.6 pounds, is said to be in a serious but not life-threatening condition in hospital, having suffered a fracture to a bone in one arm. THE ASSOCIATED PRESS

Daredevil. Tightrope walker crosses gorge near Grand Canyon

Daredevil Nik Wallenda completed a tightrope walk that took him 427 metres over the Little Colorado River Gorge in northeastern Arizona on Sunday.

Wallenda performed the stunt on a five-centimetre-thick cable above the river on the Navajo Nation near the Grand Canyon. He took just more than 22 minutes, pausing and crouching twice as winds whipped around him so that he could get "the rhythm out of the rope."

Wallenda didn't wear a harness and stepped slowly and steady throughout, murmuring prayers to Jesus almost constantly along the way. He jogged and hopped the last few steps.

The event was broadcast live on the Discovery Channel.

"It was way more windy and it took every bit of me to stay focused the entire time," he said.

Sunday's stunt comes a year after he traversed Niagara Falls earning a seventh Guinness world record.

TORSTAR NEWS SERVICE

Supermoon rising

A supermoon is seen behind the Statue of Liberty on Sunday in New York. The larger-than-normal moon called the "supermoon" happens only once this year as the moon on its elliptical orbit is at its closest point to Earth and is 13.5 per cent larger than usual.

JULIO CORTEZ/THE ASSOCIATED PRESS

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U.S. Girl Scouts look on as the cookie crumbles

Opposing camps.
Fiscal trouble, declining membership and grass-roots dismay plague organization

Given the friction and financial woes facing the Girl Scouts south of the border these days, perhaps it's time for a giant friendship circle.

Just a year after its centennial celebrations, the Girl Scouts of the USA finds itself with problems including declining membership and revenues, a dearth of volunteers, rifts between leadership and grass-roots members, a pension plan with a $347-million US deficit, and an uproar over efforts by many local councils to sell venerable summer camps.

The tangle of difficulties has prompted one congressman, Rep. Bruce Braley of Iowa, to request an inquiry by the House Ways and Means Committee into the pension liabilities and the sale of camps.

Anna Maria Chavez, CEO of Girl Scouts of the USA, left, supports the world's largest girl-led business during National Girl Scout Cookie Day on Feb. 8 in New York City. GETTY IMAGES FILE

Compounding the problems are tensions at GSUSA headquarters in New York, where several senior executives have quit or been ousted since Anna Maria Chavez took over as CEO in 2011. Last week, some of the roughly 325 employees there were invited to take early retirement, and Chavez said an unspecified number of layoffs are expected in August.

Chavez insists the GSUSA is on the right track, although she acknowledged that sweeping changes in structure and programs over the past 10 years have been difficult for many in the Scouts' extended family.

THE ASSOCIATED PRESS

Quoted

"I am worried that America's Girl Scouts are now selling cookies to fund pension plans instead of camping."

Rep. Bruce Braley, D-Iowa, in a letter last month to the chairman of the House Ways and Means committee.

T-Day: Twinkies will return to store shelves on July 15

Hostess is betting on a sweet comeback for Twinkies when they return to shelves next month.

The company that went bankrupt after an acrimonious fight with its unionized workers last year is back up and running under new owners and a leaner structure. It says it plans to have Twinkies and other snack cakes back on shelves starting July 15.

Based on the outpouring of nostalgia sparked by its demise, Hostess is expecting a blockbuster return next month for Twinkies and other sugary treats, such as CupCakes and Donettes. The company says the cakes will taste the same but the boxes will now bear the tag line, "The Sweetest Comeback in the History of Ever."

THE ASSOCIATED PRESS

Hostess is back after going through bankruptcy, and will have snack cakes — including Twinkies — on shelves next month. THE ASSOCIATED PRESS FILE

Sugar rush

- When the company was shuttered last fall, the news triggered a rush on Hostess snack cakes, with stores selling out of the most popular brands within hours.

Palestinian wins Arab Idol

Singer Mohammed Assaf is seen on the Arab Idol stage in Beirut, Lebanon, on Saturday night, when he became the first Palestinian to win the Arab world's version of American Idol. That set off wild celebrations across the Palestinian territories. After the victory, Palestinian President Mahmoud Abbas declared the singer an honorary ambassador. He was also named a youth ambassador by the UN's Relief and Works Agency, which serves Palestinian refugees across the Middle East. The agency runs the Khan Younis refugee camp in Gaza, where Assaf has lived since the age of four.

MBC GROUP/THE ASSOCIATED PRESS

Food production

Laval student links bee deaths to certain insecticide

Seeding is over for this year on Canadian corn and soy farms. But research suggests the consequences on bees could last a long time.

Laval University master's student Olivier Samson-Robert collected data showing apiaries less than three kilometres from fields with insecticide-treated seeds had three times the mortality rate of other locations.

Samson-Robert aimed to put a figure on the decline in bee populations and determine how much of it was linked to neonicotinoid insecticides, one of the most widely used insecticides worldwide. He said 99 per cent of corn seeds and 50 per cent of soy seeds in Quebec are coated with it. Particles from the insecticide escape into the air when the seeds are planted.

Pollination is responsible for 70 per cent of cultivated plants, and for 35 per cent of humans' overall food consumption.

THE CANADIAN PRESS

A NEVER-ENDING OBSTACLE COURSE

URBAN COMPASS

Hilary Nelson
saskatoon@metronews.ca

Imagine being confined to your house in winter — and during the summer.

Months of being able to go out to just a handful of events.

You have to wait hours for a ride to the grocery store and you've missed several appointments this year. You have trouble finding a job because you don't have regular transportation. For the events that you are able to go to, you have to leave early and sometimes you are denied a ride outright. There's a reservation option, but that can only be booked a week in advance.

This is life in Saskatchewan if you're disabled and depend on Paratransit, as described by the Saskatchewan Human Rights Commission's recent report on conditions in Regina.

The report says that even if you are able to use public transit, there are problems — kneeling buses are deployed at random, drivers sometimes refuse to strap in wheelchairs and a person might be unable to board the bus in the first place due to blocked sidewalks. Users are afraid to complain because they are worried they will be blacklisted by the service.

In this country, equal access to public services (including transit) is a human right; denial of service is considered discrimination. Unless accommodation would result in "undue hardship" for the transit system, jurisdictions are required to provide transit for people with disabilities in an "equivalent" fashion.

It's especially troubling to read this report in light of Saskatoon's decision to follow Regina's lead and require a medical practitioner to fill out a form indicating the applicant is eligible for Paratransit. Many doctors bill for this service, and it is not covered by the provincial health plan, although the city is considering refunding up to $60 of the fee.

The system is under stress, and the denial rate is rising. An acceptable denial rate is one to two per cent in Canada; Regina's current denial rate is 9.2 per cent. Seeking to lower the denial rate by questioning eligibility before one is able to request a ride is not fair play.

Paratransit should not be rationed. The current system is already inconvenient, so it is unlikely users with access to other modes are abusing it.

I don't have to tell you that being confined to your immediate area and unable to secure employment, visit with friends or family or attend events is incredibly demoralizing. This approach taken by Saskatoon and Regina will lead to more complaints being filed with the Human Rights Commission, not less. How we treat the differently abled in Saskatchewan — effectively putting them under house arrest — is unworthy of an inclusive society.

ZOOM

Flying bike idea gets off the ground

ET-like flying bike takes to the skies

It's a bird! It's a plane! No, it's a flying bicycle! British designers Yannick Read and John Foden have revealed their extraterrestrial-looking vehicle, the XploreAir Paravelo, a bike that transforms into an ultralight aircraft requiring no licence to fly and capable of reaching altitudes of up to 1,220 metres. **METRO**

Wheeeeeee!

- **Speed & power.** Travels at 40 kilometres an hour in the air, for up to three hours at a time, powered by a biofuel 249cc motor and parachute.
- **Design.** Foldable, tows a lightweight trailer carrying a powerful fan.
- **Plans.** If it draws enough public support, it will go into full production and later go on sale for less than $23,488.

JONATHAN HORDLE/REX FEATURES

Bikes and the Wrights

"The Wright brothers were former bicycle mechanics, so there's a real connection between cycling and the birth of powered flight that's recaptured in the spirit of the XploreAir X1 flying bike."

John Foden, co-designer at XploreAir

It's economical, too

"Unlike a helicopter, you don't need a large hangar and bank balance to own a flying bicycle — you can store it in your apartment and it costs less than a car."

Yannick Read, co-designer at XploreAir

Read's previous invention was the "B.O.N.D." (Built of Notorious Deterrents) bicycle, a vehicle equipped with a flame thrower, caterpillar tracks and an ejector seat. It was built following a survey asking cyclists about their pet peeves.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

If you're the type who eschews the summer reading list for a summer mobile-gaming list, the past few weeks have been very good to you. Here are three games to chew up the hours while you're taking a break from the sun:.

Badland :
Guide your flying fluffball through a beautifully designed interactive world that also happens to be relentlessly hostile. Scoop up power-ups along the way to survive a challenging mix of platforming and puzzle-solving, similar to Limbo. (iOS and Android: $4.99)

Leviathan Warships :
Manage and upgrade a fleet of ships for turn-based multiplayer naval warfare against your friends. Everything about your fleet is customizable, so it's up to you to weigh the pros and cons of going big guns blazing versus staying swift and nimble. (iOS and Android tablets: $4.99)

Frozen Synapse:
A wildly addictive and challenging tactical strategy game that charges you with commanding a team of soldiers across a minimalist game board, using buildings and obstacles as cover. Find which of your soldiers complement each other best and surprise your multiplayer opponents with clever ambushes. (iPad: $6.99)

Twitter

RE: Floods ravage southern Alberta, published June 21

@WestJet: We've asked WestJetters to match our @redcrosscanada donation and encourage all CDNs to do the same: http://fly.ws/17wjrab

@rsinghphoto: Disgusting to hear some businesses charging $20 for a bag of ice or $45 for a case of water!

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

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How to get your undead fix

World War Z. Zombies have captured our imagination for years — here are a few suggestions on how to enjoy these infamous brain eaters

NED EHRBAR
Metro World News in Hollywood

Get your zombie fix by catching up on the latest season of The Walking Dead. HANDOUT

It's rarely a good sign when reports of trouble behind the scenes of your mega-budget film eclipse the movie's marketing, but that's what has been going on with World War Z for the better part of a year now, with everything from script problems to massive rewrites to strife between star Brad Pitt and director Marc Forster nabbing headlines. None of this suggests good news when it comes to the film itself. If you're not feeling too confident about seeing the new zombie flick either, here are some alternatives to get your undead fix.

Go read a book

After being worked on by a who's who of Hollywood screenwriters, the film World War Z strays pretty far from the book that inspired it. Why not curl up with Max Brooks' original and envision some worldwide zombie terror with your own imagination?

Go for a classic

There are plenty of sub-par zombie movies out there, so instead of taking the risk of seeing yet another, why not revisit something more dependable? In keeping with the fast-moving brain-munchers of World War Z, we recommend Danny Boyle's chilling 28 Days Later or Will Smith's take on I Am Legend. Of course, there's always Lucio Fulci's unintentionally hilarious Caribbean-set Zombie from 1979, which features a zombie-versus-shark battle that has to be seen to be believed.

Go gaming

The latest season of The Walking Dead might be over, but there's plenty more — and, arguably, better — action to be had in the impressively sprawling, award-winning video game version. But don't expect to walk around as an Andrew Lincoln avatar or anything, as the game is based more on the comic book that inspired the show and uses completely new characters — though you may come across some familiar faces.

28 Days Later is a pretty dependable zombie flick. HANDOUT

Get on Netflix

Maybe you haven't actually caught up on The Walking Dead, in which case good news: The entire series is available for streaming on Netflix. On the film side, you can also stream the zombie thriller Let Me In, which is the American remake of the stellar Swedish flick Let the Right One In.

Go indie

Writer/director/star Jeremy Gardner made the Battery, an impressively original zombie flick, on a budget of $6,000 — but you can hardly tell. Consider it the antithesis to the bloated World War Z. The indie gem has been collecting awards and accolades around the world on the festival circuit and is now available to rent or own online. Find out more at thebatterymovie.com.

Go to the movies

Instead of the zombie apocalypse, how about just the good old-fashioned actual apocalypse? This Is The End is still going strong at the box office and may be the funniest thing in theatres. And Jonah Hill turns into something sort of resembling a zombie at some point. Plus, it's got cannibals, well-endowed demons and Emma Watson with an axe. How is Brad Pitt supposed to compete?

Box office

Monsters beat out zombies

Disney's Monsters University is the weekend box-office winner, according to studio estimates released Sunday. The animated family film, a prequel to Monsters Inc., debuted in first place with $82 million. It beat out Paramount's Brad Pitt zombie romp World War Z, which opened in second place with $66 million.

THE ASSOCIATED PRESS

Can't get no satisfaction? Tune in to CTV

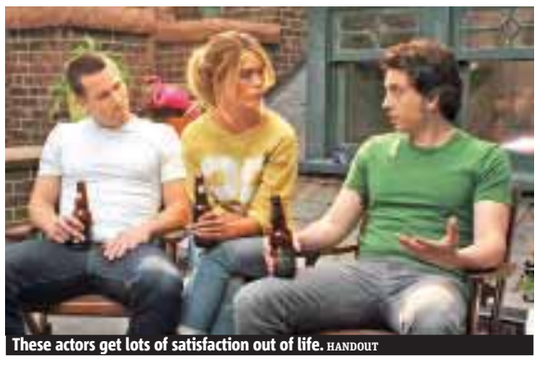
Want Satisfaction? If so, be sure to watch CTV this summer. Satisfaction, a half hour comedy about three roommates navigating the world of romance, friendship and heartache, begins airing Monday at 8 p.m. ET/PT. Metro spoke to the three stars of the show and asked them to reveal what really satisfies them.

Luke Macfarlane
The thing that brings me the most satisfaction in my life is building things. Whether it's building something out of wood in my workshop or collaborating with the many people it takes to build an episode. There is nothing more satisfying than seeing the efforts of your labour.

Leah Renee
Spending time with my dogs, Bogey and Brigitte for one. Dogs really are a girl's best friend, and there's nothing like a good cuddle session with them. Then, cooking while listening to some good music and having a big glass of wine is also pretty perfect. All that being said, I've gotta be honest, waking up every day and going to my dream job is pretty amazing.

Ryan Belleville
Here's what satisfies me. Professionally, it's making people laugh. Nothing distracts us more from the hardest moments of life than a good laugh. It is very satisfying to give the gift of laughter to someone who needs it.

METRO



These actors get lots of satisfaction out of life. HANDOUT

Justin Bieber ALL PHOTOS: GETTY IMAGES

Fast and furious: Bieber's neighbours mad at star's reckless driving

Justin Bieber's neighbours are so fed up with he and his friends' reckless driving in their gated Calabasas, Calif., community that they've asked the police to intervene, according to E! News. There's also been an emergency Homeowner's Association meeting planned to address the issue. "It has been escalating for the past six months. He has begun to flip over to a really dark side," a neighbour says of Bieber's "aggressive, reckless" behaviour. "They have sent him warnings. He's out of control. Everyone has a Bieber white Ferrari story. God forbid someone gets hurt by that car. He just feels like he is above the law." There are apparently some laws he's not above, though, as Bieber once again found his age to be an obstacle to having a good time. The 19-year-old reportedly requested an invitation to the Miami Heat's victory bash last week at a South Beach nightclub but was turned down by both the club management and the team because he is under 21, sources say.

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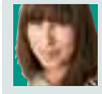
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Forget zombies, it's the attack of the lizard people



STARGAZING
Malene Arpe
scene@metronews.ca

Brad Pitt says World War Z is "the most intense thing you're gonna see all summer." Oh, I don't know about that. Alcide eating someone's arm on last week's True Blood was pretty arghhhh.

Kim and Kanye reportedly name their baby North West. The Northwest Territories, Oliver North, North By Northwest, WestJet, North Korea and the West Nile Virus plan a class action suit. Kris Jenner, meanwhile, refers to the child as Kompass.

Ryan Reynolds drops out of the Highlander remake. That's really too bad. We were all looking forward to Connor MacLeod of the clan MacSmartass.

Jennifer Lopez joins 33, the dramatic movie about the trapped Chilean miners. "Oh," Jennifer said, "My mistake. I thought it was a movie about famous, beautiful people who are 33. Just like I am. Ooops."

Nigella Lawson's husband, who was photographed choking her, says it was "just a playful tiff." That's plausible. And the swift kick that should be aimed at his crotch is what I would describe as "a gentle kerfuffle."

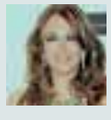
Leslie Gold of the show Hardcore Pawn says he would buy Kim Kardashian's baby's dirty diapers. "That's so disgusting," says Kris Jenner. "What in the world is wrong with you? We wouldn't sell that ... unless you also buy the umbilical cord."

Don Ed Hardy says that Jon Gosselin's endorsement killed the Ed Hardy brand. There were, of course, many other contributing factors, such as severely decreased spending power, a demographic shift and ugly.

A member of Whitby Town Council in England says he's regularly abducted by lizard people and has fathered an alien baby but it's no big deal and he just wants to fix potholes. "Why can't we have that kind of politician?" asks everyone in Montreal and Toronto.

Twitter

@Sethrogen
Just flew from Australia to London, which I think is as far as you can travel on earth before you're heading back to where you started.



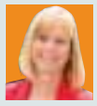
@ElizabethHurley
Yes- I am putting off packing and learning lines by tweeting nonsense.

Amanda Bynes 'nose' what the people want

Amanda Bynes finally got her nose job this weekend, revealing on Twitter that she's got a lot more about the operation to share. "I'm going to post a video of some of the procedure on my Twitter," Bynes writes. "I need one more procedure to thin out the bridge of my nose."

Learn to save

Pros and cons of paying allowance



IT'S ALL RELATIVE
Kathy Buckworth, kathybuckworth.com

The paying of an allowance is a personal choice. To help you figure out where you come down in the debate, here's a handy list of pros and cons.

Pros

- Kids learn about the real-world concept of "work for money." The sooner they understand this dynamic, the better.
- Kids have the opportunity to save their own money toward the purchase of things they want but you don't want to buy.
- You can easily bribe them to clean up their rooms, clear the table, do some vacuuming and maybe even fetch a glass of wine every now and again.

Cons

- The concept of contributing labour simply because they are a member of a functioning family is lost.
- Every chore in the house soon has a dollar amount attached to it.
- They might save their money and spend it on items you think are frivolous (at best) or dangerous (at worst).

Where do I land on this? Well, as the boss of my family, I believe in paying allowance. I know this is how the real world works, and I know that kids under the age of 14 can't earn good money working outside the home.* (*Legally. But check around. You never know.)

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Exclusively online

"Elmo's Song" is driving Mommy to drink. Read more (mis)adventures of parenthood with Reasons Mommy Drinks online at metronews.ca/voices

No diaper? No problem, with EC

Toilet training. The new parenting trend is "elimination communication." What is it and how can you implement it at home?

DOROTHY ROBINSON
Metro World News in NYC

It seems impossible: A baby — many times not much older than newly born — goes to the bathroom directly into the toilet and not a diaper. Devotees of "elimination communication" (EC) say that it can happen.

Christine Gross-Loh has been preaching this alternative to toilet training for years; her book, The Diaper Free Baby, has been the instruction manual for EC devotees since it was published in 2007. Here she gives advice on being number one in the "number two" business.

How is EC different from regular toilet training?

The most basic difference is that you start EC earlier, before a child has become so used to eliminating in diapers that potty training is a whole new transition he has to get used to (and may be resistant to).

Babies are born with this awareness of elimination, but as they become used to eliminating in a diaper all the time, they lose that awareness — and have to work on becoming aware again when they reach the age of conventional toilet training. EC-ed children are often out of diapers completely at or before the age when most children are just beginning to embark on potty training.

EC for every parent

- Gross-Loh aims to make The Diaper Free Baby accessible to all types of parents and she writes for three categories: full-time, part-time and occasional EC-ers.
- She also includes a support group within the book that includes inspiring testimonials and tips throughout every chapter.

What advice do you have for working parents who live in cities who may want to try EC?

EC can be done during the evening or on weekends. Even if you are at home with your baby full-time, you may not be doing EC full-time. It's easy to have some diaper-free time during the evening, or sit your baby on the potty before and after his bath. Doing EC does not mean you have to ditch diapers completely.

What are some drawbacks to EC? Benefits?

It's hard to do anything when it's not a cultural norm — you may get less support and less information. Information about EC — about typical stages, about the logistics — is really key. Luckily, the information and support is out there as more and more parents do EC. And there are so many great reasons to give it a try: There are communication benefits (you learn to read your baby just as you learn how to figure out when he is hungry or sleepy), environmental and economic benefits (you go through fewer diapers) and health benefits (less diaper rash). Finally, you are not relying on diapers so much that your child becomes reluctant to let go of them, a problem that some parents face when doing conventional toilet training.

Why do you think EC has taken off in recent years?

I think it's because there are so many parents out there who know more about the world around us. They know that in cultures around the world, it's not at all the norm for a baby older than one to be in a diaper.

When you know that this isn't a universal thing, it makes you feel more open to understanding why and how this is, and to realizing there are some viable lessons here for us.

Looking for a new alternative to toilet training? ISTOCK IMAGES

Preschool cholesterol? Bad eating habits start early

A new study suggests that preschoolers' eating habits could put them at risk for cardiovascular disease later in life. THE CANADIAN PRESS

Eating behaviours of preschoolers, such as having meals while plunked in front of the TV, can lead to elevated cholesterol levels that could put kids at risk for cardiovascular disease later in life, new research suggests.

The 2008 to 2011 study of almost 1,100 children aged three to five found those with poor eating behaviours had higher blood-cholesterol readings than children who had healthier eating habits.

"It shows that we should pay attention to how children eat, not just what they eat," said Dr. Nav Persaud, a family physician and researcher at St. Michael's Hospital in Toronto, who led the study.

"We should be paying close attention to these young children, preschoolers aged three to five, because the early changes that may lead to serious problems later on are occurring in this age group and it's an opportunity for us to intervene early and get kids on the right track," he said.

The study, published Monday in the Canadian Medical Association Journal involved 1,076 preschoolers enrolled in the TARGet Kids! practice-based research network in Toronto.

Researchers found that "the less healthy the eating behaviours, the higher the cholesterol level," said Persaud. Those behaviours include eating while watching TV — and likely when engaged with other screens, such as computers and tablets — and snacking on fluids that can leave kids feeling full at mealtime. THE CANADIAN PRESS

This potato salad is the cream of side dishes

BBQ potato salad with crispy red onions. THE CANADIAN PRESS

This rich and creamy potato salad can be served warm or cold. The crispy red onions add a unique touch to this summer staple.

1. Heat oven to 200 C (400 F).

2. Place potatoes horizontally on cutting board and slice vertically into 1-cm (1/2-inch) thick slices. Brush with 15 ml (1 tbsp) of the olive oil; season with salt and pepper.

3. Place in a single layer on a non-stick baking sheet; bake for 20 minutes.

4. Remove sweet potatoes to a plate. Return baking sheet (with remaining potato slices) to oven; continue baking for 5 minutes or until just tender.

5. Heat barbecue to medium-high heat. Brush potatoes with remaining olive oil. Grill on greased grill for 3 to 4 minutes per side or until grill marks appear. Let cool.

6. In a large bowl, whip cream until soft peaks form; stir in mayonnaise. In a small bowl, combine dill, mustard, lemon zest, sugar, parsley, thyme, cayenne and garlic; fold into cream mixture. Stir in potatoes; toss gently to coat. Serve with crispy onions on top.

Crispy onions

Slice onion in half and cut into fine slices. In a bowl, toss onion with flour; shake off excess. In a large skillet, add enough oil to coat entire skillet and heat on medium heat. Add onion and cook in batches until golden, adding more oil if necessary. Remove to paper towels. Divide potato salad among serving plates. Top with crispy onions and green onion. THE CANADIAN PRESS/ CHEF DEVAN RAJKUMAR

Ingredients

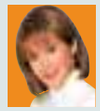
- 1 each sweet potato, yellow-fleshed and purple or red potato (each about 250 g/1/2 lb)
- 30 ml (2 tbsp) olive oil, divided
- Salt and fresh cracked black pepper, to taste
- 125 ml (1/2 cup) 35 per cent whipping cream
- 50 ml (1/4 cup) mayonnaise
- 22 ml (1 1/2 tbsp) chopped fresh dill
- 15 ml (1 tbsp) whole grain mustard
- 15 ml (1 tbsp) grated lemon zest
- 5 ml (1 tsp) brown sugar
- 5 ml (1 tsp) each chopped fresh parsley and thyme leaves
- 2 ml (1/2 tsp) cayenne
- 1 clove garlic, minced

Crispy Red Onions:

- 1 red onion, peeled
- 30 ml (2 tbsp) all-purpose flour
- 125 ml (1/2 cup) vegetable oil (approx)
- 1 green onion, chopped

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Dairy Queen is a favourite for cooling off as summer starts to heat up. Just watch what you choose.

Dairy Queen medium chocolate dipped cone (199g)

480 calories/21 g fat/47 g sugar

Equivalent

One Dairy Queen chocolate dipped cone is equal in fat to five Chapman's Vanilla frozen yogurt bars.

Dairy Queen medium chocolate cone (199g)

340 calories/11 g fat/34 g sugar. This delicious chocolate soft serve ice cream saves the extra calories and fat because there's no chocolate coating.

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metro

Shake up your summer grill with Shishito peppers

Never had shishito peppers? You need to track them down. Right now.

First, a primer. Shishito peppers are small, thin Japanese peppers. They look a bit like a longer, thinner jalapeno. But the flavour is quite different. While jalapenos have thick flesh and an assertive heat most of us are familiar with, shishitos are thin skinned and generally sweeter than they are hot.

Except when they are not. For reasons that are debated online, one out of every dozen or so shishito peppers packs a medium -to-hot punch.

During the past year or so, shishito peppers have become a darling of the restaurant scene. Nothing on the epic scale of ramps, which New York chefs in particular went a little crazy for a few years ago. But they have been showing up on more and more menus across the country. Shishito peppers generally are served as a starter, often heaped in a bowl and munched. And the prep couldn't be easier. They are cooked whole, usually with a splash of oil and just enough time in the skillet to lightly brown in spots. Seasonings can vary, though coarse salt is a must.

Shishito peppers. AP PHOTO

In addition to having a wonderfully addictive flavour — the trinity of oil, salt and a gentle heat helps here — shishito peppers are perfect for summer.

Start to finish: 15 minutes and serves 4.

1. Heat a grill to high. In a large bowl, combine the peppers and 1 tablespoon of the oil. Swirl and toss the peppers until evenly coated with the oil.

2. Using tongs, arrange the peppers on the grill so they lay across the direction of the grates (not with them). The goal is to prevent the peppers from falling through the grates. Cook, turning often, until the peppers begin to brown and blister, about 4 to 6 minutes.

3. Return the peppers to the bowl (no need to wipe it out). Add the remaining oil, the salt and almonds, then toss well. Transfer to a serving bowl and serve immediately.

Nutrition information per serving: 140 calories; 90 calories from fat (64 per cent of total calories); 10 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 12 g carbohydrate; 6 g fibre; 5 g sugar; 4 g protein; 1,450 mg sodium. THE ASSOCIATED PRESS

Ingredients

- 1 pound shishito peppers, left whole
- 2 tablespoons toasted sesame oil, divided
- 1 tablespoon coarse or flake salt, such as Maldon or kosher
- 1/4 cup finely chopped almonds

I get by with a little help from my co-workers

The task of the ask.
Inquiring with others when you're unsure at the office should never bring you shame

ASHLEY MILNE-TYTE
Metro World News

Most of us don't like asking for help at work, even when we're overwhelmed. We fear it makes us look weak. In fact, it can bring huge benefits.

Last year I was interviewing a successful small business owner when she mentioned one thing that had initially held her back: feeling she had to do everything herself and do it perfectly. But she soon realized her male counterparts were asking other entrepreneurs for help and advice all the time, and that this actually played a significant part in their success.

She let her guard down and began following in their footsteps. She now advises all of the women she mentors to do the same.

I spoke to leadership coach Henna Inam about a few of the reasons why women in particular are so squeamish about asking for help.

I hate bothering people

To turn this perception around, think instead about how you'd feel if someone asked you for help or advice. Most of us, Inam points out, would feel flattered in that situation: "The ego feels good. You're able to give someone something they need and want." So don't hold back.

It makes me look like I can't do it myself

There are two sides to this one. First, there's you grappling with your own ego, the stubborn inner child that insists you don't need help to achieve this thing. That's easily dealt with — just tell the child to pipe down.

Less easy, as I put it to Inam, is dealing with the fact that surely some colleagues or managers actually will see you as weak if you ask for help.

She admits that there is no good answer to this question. Yes, maybe they will. But she is against the idea of women living their lives in fear of what someone else may think about them.

"If (never asking for help) becomes an unconscious habit, that's when it becomes dangerous," she says.

In other words, by all means be judicious about who and when you ask — but if you need help, ask.

Fear of rejection

Why not ask for help?

- **We tend to take "no" very personally.** We need to take a step back and realize it's not always about us. "If we decide not to take it personally, the way we ask becomes different," Inam says.

Feeling overwhelmed at work? Ask for help. ISTOCK

Make summer count by adding fun to math

It's as easy as 1,2,3.
Give the brain a little boost between barbecues, bonfires and heading to the beach

ALISON BOWEN
Metro World News

This summer, when your child asks, "Are we there yet?" on that family road trip, you can have a new answer.

Surreptitiously relating everything to math helps children use their noggins in the summertime, suggests Glen Whitney, co-founder and co-executive director at Manhattan's Museum of Mathematics.

"Summer's a great opportunity, if you're out doing things, to make math more connected with the world," he says.

Whitney says summer can be a prime time to sneak math into warm-weather activities, from a routine summer family road trip to a baseball game.

"Kids are naturally curious, and they want to be able to figure out things," he says. "They want to figure out, how long it's going to (take) me to save up for that skateboard."

Whitney gave Metro five ways to sneak math into summer activities:

When your kids ask that quintessential question, "Are we there yet?" make it a math problem

Ask them to calculate how far away you are and how long it will take to reach your destination. This may also be a chance to invoke the "when I was your age" card — "When I was a kid, you had to look at the little numbers on the map and look them up," he recalls. "Now, you don't have to do that any more, thanks to Google Maps." Explain the odometer and how it changes as you move along.

Bring children along while you shop for a camping trip or a summer barbecue

"Anything you can involve your kids in that kind of budgeting, planning or estimating" is great, he says. Explain the budget and, as you approach the checkout, ask them to tabulate a rough estimate of how much everything will cost.

Point out shapes

If you are in the city, for example, ask kids what shapes they see. A building could be a rectangle, and a roof could be a triangle. This introduces kids to, or helps them keep up with, basic geometry.

Sporting success

If your child is a sports fan, get them involved with the numbers in the game

- For example, if they're a fan of a certain baseball star, ask them how many hits he needs to get his batting average up or how many games your local sports team needs to win to increase their ranking.

Look around you! Education can be found in unlikely places. ISTOCK

Top skaters hobbled in crawl to Stanley Cup

NHL playoffs. Health statuses of Chicago's Toews and Boston's Bergeron loom over Game 6

Chicago captain Jonathan Toews, left, and Bruins centre Patrice Bergeron are battling injuries heading into Game 6 of the Stanley Cup final on Monday night in Boston. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Jonathan Toews means everything to the Chicago Blackhawks, and Patrice Bergeron is the same to the Boston Bruins. This has been a classic Stanley Cup final in large part because those players have put in peak performances.

Toews and Bergeron left Game 5 with injuries and it's uncertain if either will play in Game 6 on Monday night in Boston. If they aren't able to, or do at less than 100 per cent, it changes the dynamic of the series as the Blackhawks are one win away from celebrating another championship.

"Both great players. I think any coach in the league, any player in the league would like to have those guys on their team," Chicago left-winger Patrick Sharp said.

Looking at the production on the ice, it's probable that no two players have had a bigger influence on the cup final than Toews and Bergeron. Coach Joel Quenneville's reuniting of Toews and Patrick Kane might have been exactly what the Blackhawks needed to cure their offensive woes, while Bergeron is as consistent an all-around performer as anyone will find in the NHL.

"He does everything right, basically," Bruins left-winger Brad Marchand said. "He's such a great face-off guy.... He's very tough to play against defensively, and he's been doing a very good job at playing against their top guys."

Boston coach Claude Julien called Bergeron day-to-day with a "body" injury. Quenneville said the Blackhawks were "optimistic" that Toews would play in Game 6.

THE CANADIAN PRESS

Boychuk avoids ban

There was no sanction Sunday after the big hit by Bruins defenceman Johnny Boychuk on Chicago captain Jonathan Toews in Game 5.

- "There wasn't a penalty on the play, and it was one of those hits in a tight area in front of the net," Blackhawks coach Joel Quenneville said.

MLB

Jays roll to team-record-tying 11th straight victory

Edwin Encarnacion and Colby Rasmus homered while Josh Johnson earned his first win of the season as the Toronto Blue Jays defeated the Baltimore Orioles 13-5 on Sunday to tie a franchise record with their 11th straight victory.

Jose Bautista put the game out of reach with a bases-clearing double in the seventh inning to the delight of the sellout crowd of 45,214 on a hot, sunny afternoon at Rogers Centre.

Toronto (38-36) moved two games over the .500 mark by completing the three-game sweep. Johnson, who pitched into the seventh inning, had plenty of early run support as the Blue Jays put nine runs on the board in the first three frames.

THE CANADIAN PRESS

NHL

Maple Leafs look to La-La Land for help in the crease

The Toronto Maple Leafs looked to end their goaltending questions Sunday by trading for goalie Jonathan Bernier.

Bernier, stuck behind Jonathan Quick with the Los Angeles Kings, wanted to play more. The Leafs, according to GM Dave Nonis, were interested in upgrades at any position.

Toronto gave up forward Matt Frattin, backup goaltender Ben Scrivens and a second-round pick in either the 2014 or 2015 NHL Entry Draft.

THE CANADIAN PRESS

Duke takes road less travelled to PGA success

Ken Duke celebrates with the Travelers Championship trophy on Sunday in Cromwell, Conn. GETTY IMAGES

Ken Duke needed 187 starts on the PGA Tour to get his first win, securing it at a tournament that is building a reputation for such breakthroughs.

The 44-year-old journeyman made a 2 1/2-foot birdie putt on the second playoff hole Sunday to beat Chris Stroud at the Travelers Championship.

Stroud, who also was looking for his first title, had chipped in from 51 feet on the 18th hole, to get to 12-under par and force the playoff.

But Duke made the better approach on the second extra hole, bouncing his ball in front of the flag and rolling it close.

"Yeah, it's been a long time," said Duke, who turned pro in 1994. "I've been on the Canadian tour, the mini tours, Asian Tour, South American Tour, all of them; Web.com, and it's just great to be a part of this big family on the PGA Tour."

Duke, who came in ranked 144th in the world, is the sixth golfer in eight years to get his first PGA Tour win here, joining J.J. Henry (2006), Hunter Mahan (2007), Bubba Watson (2010), Fredrik Jacobsen (2011) and Marc Leishman last year.

Weyburn's Graham DeLaet finished a stroke back in third place with a 269. Watson finished fourth, two shots behind, after making a six on the 16th.

"You gotta believe in yourself in everything you do," Duke said. "That's why those guys at the top are winning week in, week out, because they believe they can do it."

THE ASSOCIATED PRESS

DeLaet donates bucks for birdies

"Hopefully it puts a small dent in what they need.... Our hearts are still with them."

Weyburn's Graham DeLaet on the widespread flooding in Alberta. The 2009 Canadian tour player of the year pledged to donate $1,000 for every birdie he made to help the relief efforts. He finished with three birdies on Sunday and nine for the weekend.

Horoscopes

♈ Aries
March 21 - April 20
By all means take advice from your friends but don't let anyone dissuade you from following your chosen course of action. If in doubt, listen to your inner voice.

♉ Taurus
April 21 - May 21
Try not to give in to feelings of self-pity today or it may color your entire week — in shades of dismal gray! You may be under pressure at the moment but you are tough enough to take it.

♊ Gemini
May 22 - June 21
Someone you think of as a friend is planning to get rich at your expense, so err on the side of caution in all partnership matters. Just because they were honest yesterday does not mean they will be honest today.

♋ Cancer
June 22 - July 23
It is too late to change the outcome of a long-running drama. All you can do is let fate take its course and trust that it will all work out fine in the end.

♌ Leo
July 24 - Aug. 23
If you want a peaceful life over the next few days you are advised to keep your opinions to yourself. That applies both to what you think about the state of the world and to other people's private affairs.

♍ Virgo
Aug. 24 - Sept. 23
You will have to make a few sacrifices this week, but it's really no big deal. In fact you will rather enjoy putting yourself out for other people's benefit.

♎ Libra
Sept. 24 - Oct. 23
There are so many changes going on at the moment that it may be a bit bewildering. In time, of course, everything will become clear but for now you are advised not worry about the future.

♏ Scorpio
Oct. 24 - Nov. 22
Are you thinking for yourself or are you following a fad just because everyone else is? It may be the latter and that is something you need to watch. There is no such thing as a "correct" opinion.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be thinking of giving up on something that is not working out for you. Don't! Everything will change over the next few days and it's quite likely you will begin to make progress.

♑ Capricorn
Dec. 22 - Jan. 20
Other people may be telling you that you need to make changes but your solar chart says they are wrong. You are on the path you are supposed to be on.

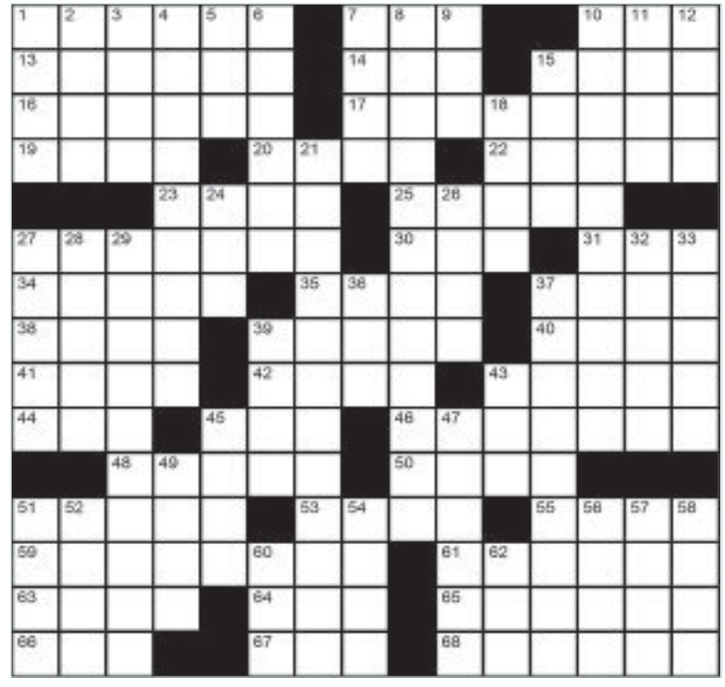
♒ Aquarius
Jan. 21 - Feb. 19
If your inner voice tells you to be careful you must listen to it. Cosmic activity in some of the more sensitive areas of your chart warns you are up against serious forces.

♓ Pisces
Feb. 20 - March 20
You are on the right track, of that there is no doubt. So why the persistent feeling that something is about to go wrong? Whatever the reason you've got to get past it. Great things await you. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



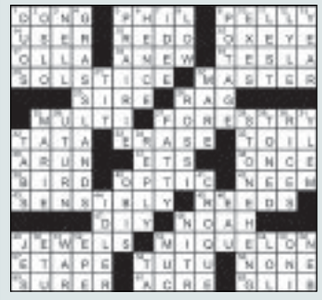
Across

1. The Ikea parking lot monkey
7. Belonging to Vancouver's prov.
10. "Casablanca" (1942) setting [abbr.]
13. Enthusiastic response to "Who wants ice cream?": 4 wds.
14. Baby __ (A.A. Milne character)
15. Largest union in the country [acronym]
16. Formed groups, __ up
17. NWT's __ Gulf (Named after Norwegian explorer Roald)
19. Alice's portrayer on "The Brady Bunch", __ _. Davis
20. Goblet part
22. Skirt style
23. Diet ads word
25. Spherical
27. Select a politician: 2 wds.
30. Greek alphabet letters
31. Car fuel
34. Opinionated newspaper columns
35. "Dirty Jobs" host, Mike __
37. Mr. Walesa (Former leader of Poland)
38. De __, Robert
39. Bobby-__ (1940s teen)
40. Opposing
41. "Rats!" ...less swearing-sounding
42. "___ Little Tenderness" by Otis Redding
43. Computers: _ _-__
44. Actress Ms. Irving
45. Not in, Bob & Doug style
46. Attorneys
48. Mr. Hill of movies
50. Heartburn relief brand
51. ___ rate
53. Industrial region of Germany
55. 'Noon' in Montreal
59. Shawnee chief (b.1768 - d.1813)
61. Detestable
63. Some trees
64. Universal ideal
65. Decayed
66. Married title
67. Ordinal suffix
68. Stunned

Down

1. Ms. Von Teese, Burlesque star
2. Port of Yemen
3. Horse hue
4. England's tennis championships
5. Chemical suffix
6. Says 'hello over there' non-verbally: 2 wds.
7. Highlands hillside
8. Edmonton Eskimos home, __ Stadium
9. Old French coin
10. Disco, for one: 2 wds.
11. Frank
12. Actor Mr. Auberjonois
15. Caesar's 451
18. Catches
21. Reason a CF-18 might be dispatched: 2 wds.
24. Suppositions
26. Repenter
27. Small town in Saskatchewan near Saskatoon
28. Poppy product
29. Winnipeg-born singer of "Seasons in the Sun": 2 wds.
32. Thespian
33. Construction wedges
36. __ Power Degreaser (Palmolive dishwashing liquid)
37. Pamela Anderson's birthplace in British Columbia
39. Ancient colonnade
43. Uniquely-spelled mountain basin
45. Suffix meaning 'word'
47. Town in Ontario's York Region
49. Encumbrance
51. Speck
52. Sad droplet
54. "Here comes trouble!": 2 wds.
56. 9th Greek letter
57. Union payments
58. Not is
60. Toronto thoroughfare, Queen __ _.
62. Arfer!

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	2	8	4	6	3	9	5	7
4	9	3	7	5	8	1	2	6
6	5	7	9	2	1	4	8	3
2	6	9	1	8	5	3	7	4
7	1	5	3	4	9	2	6	8
3	8	4	6	7	2	5	9	1
5	3	6	2	1	7	8	4	9
8	4	1	5	9	6	7	3	2
9	7	2	8	3	4	6	1	5

Sudoku

		7				9		
		2	6		4	7		
8				1				4
	9	1	3		6	5	2	
	5	8	4		2	1	7	
2				5				3
		4	9		3	8		
		3				6		

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